

DINNERLY



Southern-Style Plant-Based Enchiladas with Spring Onion Salsa



40 minutes



2 Servings

Dare we say this is the whole enchilada... because it is! It's made using plant-based mince, so it's great for vegetarians and flexitarians alike, and there's lots of smoky barbecue flavours in the sauce. Plus, it's cheesy!

- 1 onion
- 1 tomato
- 1 spring onion
- 50g cheddar ⁷
- 250g plant-based mince ⁶
- 5g smoky barbecue seasoning ¹⁷
- 6 flour tortillas ¹

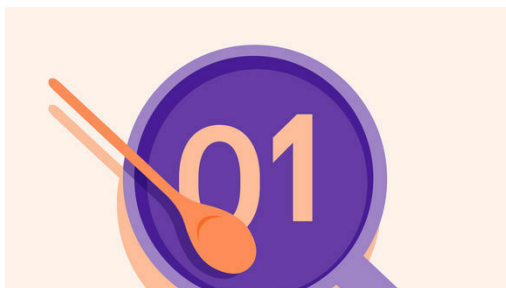
- 1 garlic clove
- 1 tbs barbecue sauce
- 1 tbs tomato paste
- 1 tbs olive oil
- 2 tsp plain flour¹

- box grater
- medium frypan
- sieve
- medium baking dish

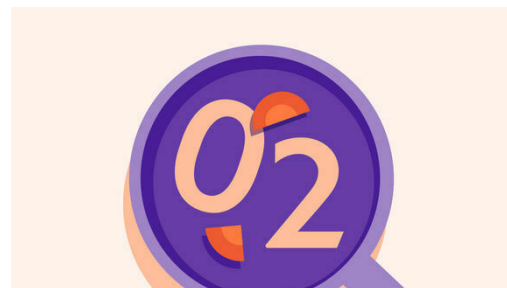
ALLERGENS

NUTRITION PER SERVING

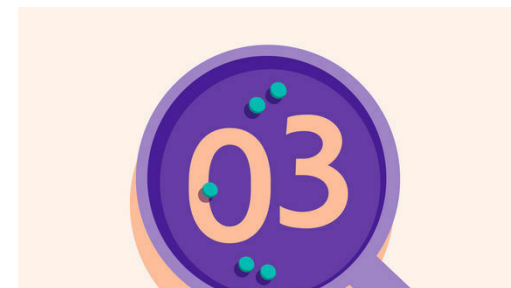
Energy 775kcal, Fat 41.3g, Carbs 58.6g,
Proteins 37.2g



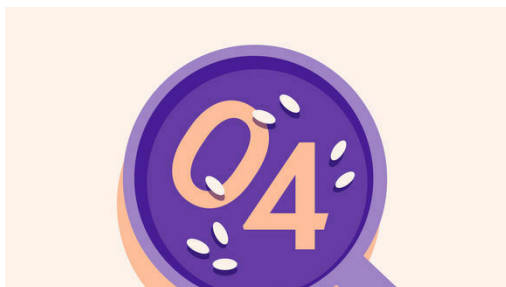
Preheat the oven to 220C. Crush or finely chop **1 garlic clove**. Thinly slice the **onion**. Finely chop the **tomato**. Thinly slice the **spring onion** on an angle. Coarsely grate the **cheese**. Combine **1 tbs barbecue sauce**, **1 tbs tomato paste** and **375ml (1½ cups) water** in a bowl.



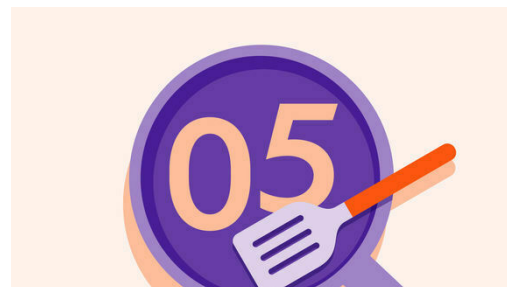
Heat **1 tbs olive oil** in a medium frypan over medium-high heat. Cook the **garlic, onion, plant-based mince** and **barbecue seasoning**, breaking up the lumps with a spoon, for 4 mins or until browned. Scatter over **2 tsp plain flour** and cook, stirring, for 1 min.



Add the **barbecue sauce mixture** to the mince and bring to the boil. Reduce the heat to low and cook, stirring occasionally, for 5-6 mins until thickened. Taste, then season with **salt and pepper**. Remove the pan from the heat. Put the **mince mixture** in a sieve over a bowl to drain, reserving the liquid.



Spread the **reserved liquid** over the base of a medium baking dish (see Kitchen 101). Divide the **mince mixture** among the **tortillas** and roll to enclose, then put in the dish, seam side down.



Scatter over the **cheese** and season with **salt and pepper**. Bake for 8-10 mins until the cheese is golden and the enchiladas are warmed through. Scatter over the **tomato and spring onion**, then divide among plates and enjoy!



You will need a dish large enough to fit the length of the tortillas – about 17cm x 26cm. Before filling and rolling them, trim the ends of the tortillas, if needed, to fit the dish.

 **Packed in Australia**
from at least 60%
Australian ingredients